

NN-1073

# C440

**ASSEMBLY INSTRUCTIONS**

• **REPLACEMENT PARTS**

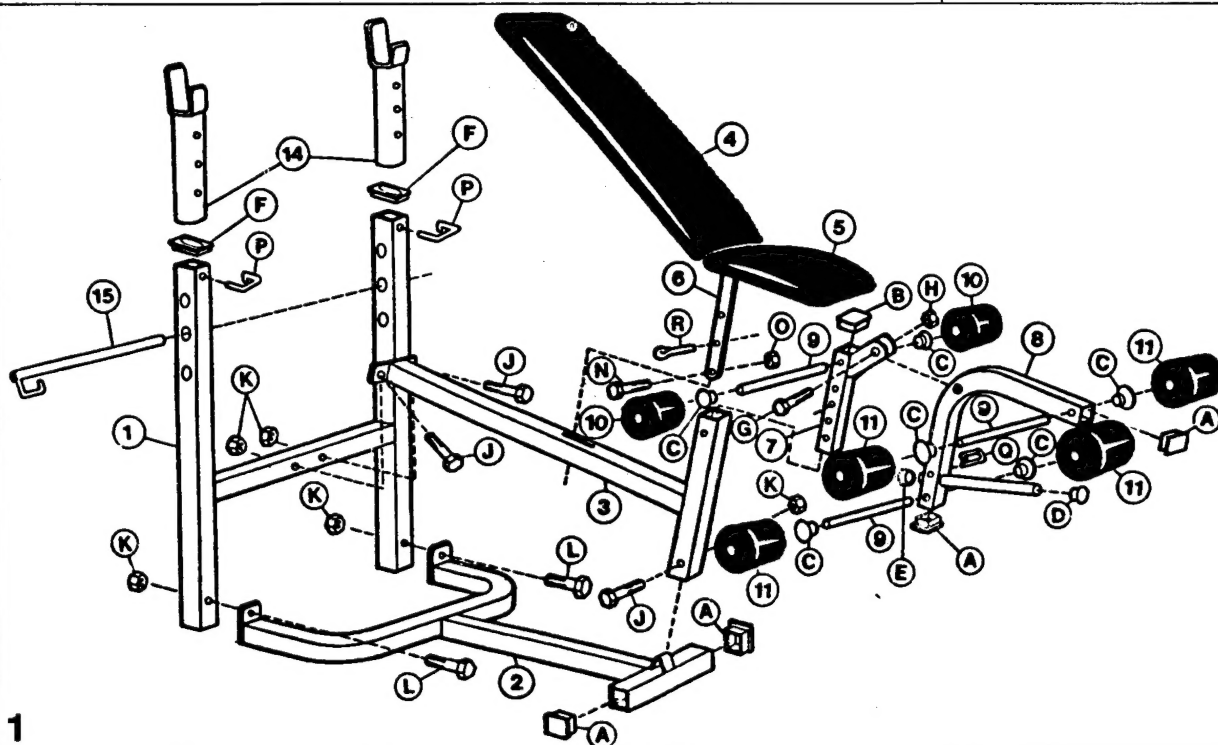
# **WEIDER®**

**WEIDER HEALTH AND FITNESS**

21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

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C-440

## PARTS LIST

6-30-89

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	KO225-A12
2	BASE	1	KO151-A12
3	MAIN FRAME	1	KO152-A12
4	BACKREST	1	KO388-C18
5	SEAT	1	KO376-C12
6	SEAT ADJ "T"	1	K6098-A12
7	LEG CURL ADJUSTER	1	K0153-A12
8	LEG CURL	1	K0154-A12
9	PAD BAR	3	K6100-A12
10	SMALL FOAM PAD	2	K0426-A14
11	LARGE FOAM PAD	4	K0427-A14
12	SHORT ANGLE IRON	2	K6102-A12
13	LONG ANGLE IRON	2	K6103-A12
14	ADJUSTABLE UPRIGHT	2	K0226-A12
15	BACKREST ADJ BAR	1	K6090-A12
	HARDWARE BAG	1	K5787-A12
A	2" SQUARE PLASTIC CAP	4	AA-8002
B	1 3/4" SQUARE PLASTIC CAP	1	AA-8006
C	3/4" ROUND PLASTIC CAP	6	AA-8004
D	1" ROUND PLASTIC CAP	1	AA-8005
E	1" COVER CAP	1	AA-8070
F	2 1/2" INSERT CAP	2	AA-8085
G	3/8"-16 x 3" HEX HEAD BOLT	1	HH-5059
H	3/8"-16 Lock NUT	1	HH-5088
J	5/16"-18 x 2 1/2" HEX HEAD BOLT	3	HH-5053
K	5/16"-18 LOCK NUT	5	HH-5012
L	5/16"-18 x 3" HEX HEAD BOLT	2	HH-5167
M	*1/4"-20 x 3/4" MACHINE SCREW	8	HH-5022
N	1/4"-20x3/4" HEX HEAD BOLT	1	HH-5032
O	1/4"-20 LOCK NUT	1	HH-5011
P	SMALL LOCKING PIN	2	WW-7034
Q	LARGE LOCKING PIN	1	WW-7035
R	EYELET PIN	1	WW-7005
	UPRIGHT DECAL	2	DE-4074
	INSTRUCTION MANUAL	1	KNN-1073
	*PREASSEMBLED WITH BACKREST & SEAT		

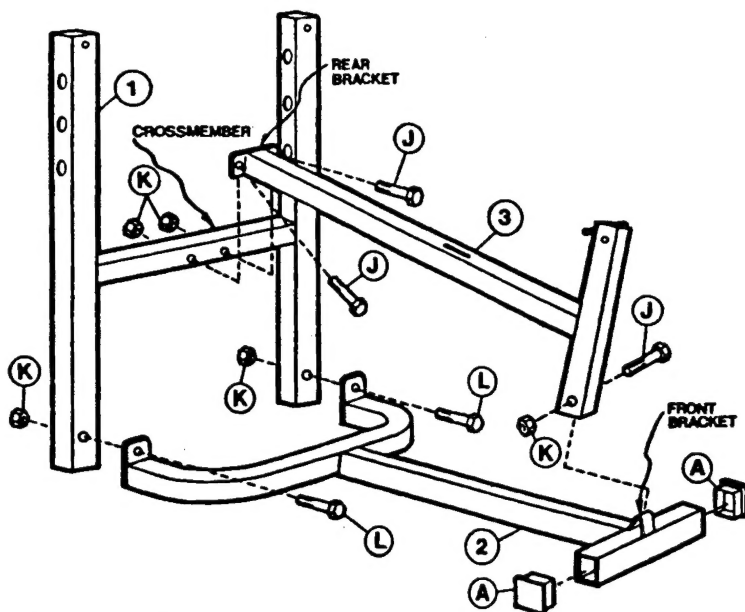
ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT**

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

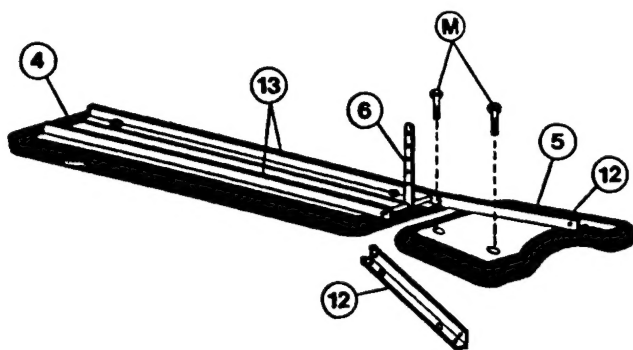
ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

- MODEL NO.
- NAME OF PART
- ORDERING NUMBER



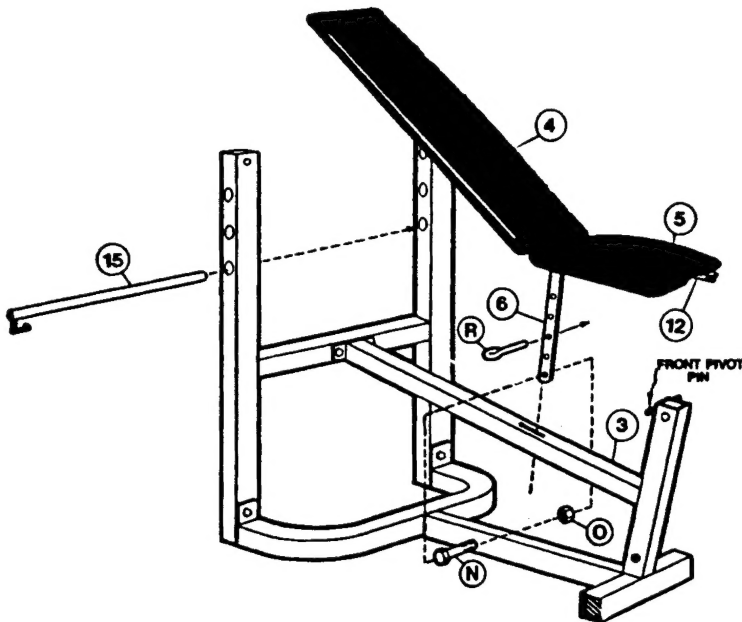
### STEP 1 - FRAME ASSEMBLY

Insert 2 SQUAR PLASTIC CAPS (A) into base of UPRIGHT (1). Attach BASE FRAME (2) to UPRIGHT (1) by aligning bolt holes and inserting 2 HEX HEAD BOLTS (L) and securing with 2 LOCK NUTS (K). Lower MAIN FRAME (3) to the base frame front bracket. Secure with HEX HEAD BOLT (J) and LOCK NUT (K). Align bolt holes on rear bracket of MAIN FRAME (3) with bolt hores on crossmember on UPRIGHT (1). Secure with 2 HEX HEAD BOLTS (J) and 2 LOCK NUTS (K). Tighten all bolts.



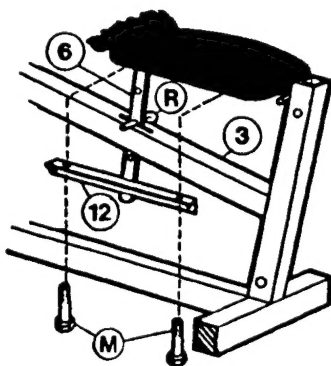
### STEP 2 - BACKREST & SEAT PREPARATION

Turn assembled Backrest and Seat over to expose work area. Remove 2 MACHINE SCREWS (M) from SEAT (5) and remove 1 SHORT ANGLE IRON (12). This preparation must be done in order to connect the seat to the main frame.



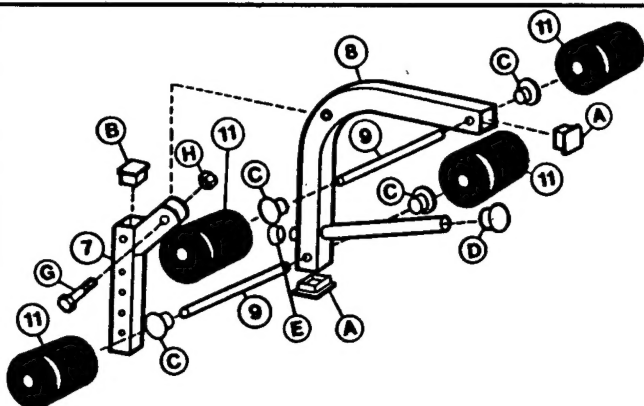
### STEP 3 - CONNECTING SEAT TO MAIN FRAME

To aid in this assembly, first slide BACKREST ADJUST BAR (15) into one of the hole patterns on UPRIGHT (1). Turn BACKREST (4) and SEAT (5) assembly right side up and lower to MAIN FRAME (3). Slide the fastened SHORT ANGLE IRON (12) over the front pivot pin on the MAIN FRAME (3). Align the SEAT ADJUST "T" (6) with the proper slot on the MAIN FRAME (3) and lower through slot. Secure SEAT ADJUST "T" (6) by inserting 1 HEX HEAD BOLT (N) through bottom hole and secure with 1 LOCK NUT (O). EYE-LET PIN (R) is used in remaining holes of the SEAT ADJUST "T" (6) to adjust the desired height of the seat.



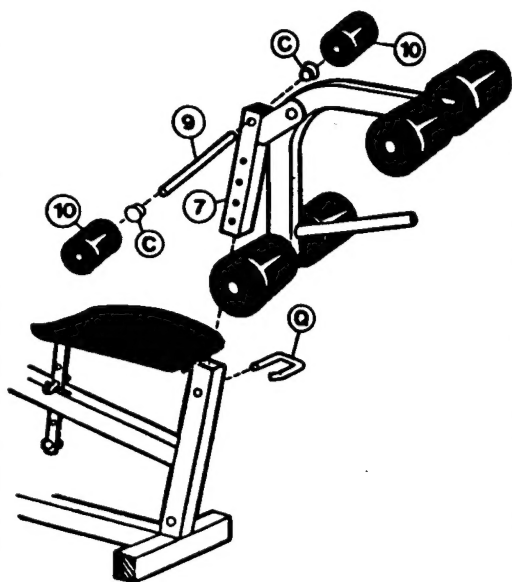
### STEP 4 - REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly, EYELET PIN (R) should be placed so that the highest possible position of the seat is achieved. Slide SHORT ANGLE IRON (12) over pivot pin on SEAT ADJUST "T" (6) and front pivot pin on MAIN FRAME (3). Replace 2 MACHINE SCREWS (M) that were removed in Step 2.



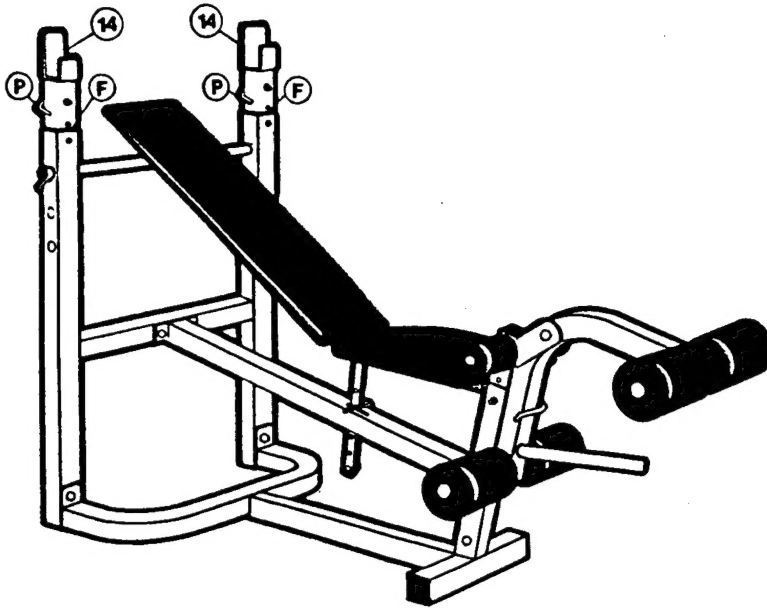
#### STEP 5 - LEG CURL ASSEMBLY

Position LEG CURL (8) between brackets on LEG CURL ADJUSTER (7). Secure with 1 HEX HEAD BOLT (G) and 1 LOCK NUT (H). Do not over tighten! Repeat the following instructions until all leg curl parts are in place. First, slide PAD BAR (9) through proper hole in the LEG CURL (8) until equal amounts of pad bar are on both sides of LEG CURL (8). Slide FOAM PAD (11) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAP (C) into each end of PAD BAR (9). Insert 2 SQUARE PLASTIC CAPS (C) into both ends of LEG CURL (8). Place COVER CAP (E) over rear extended piece of the weight pin. Insert ROUND PLASTIC CAP (D) into weight pin on LEG CURL (8). Insert SQUARE PLASTIC CAP (B) into top of LEG CURL ADJUSTER (7).



#### STEP 6 - LEG CURL

With assembled leg curl extended slightly forward, lower LEG CURL ADJUSTER (7) into Main Frame Tube. LOCKING PIN (Q) is used to position the height of the leg curl assembly and to pin the leg curl back for doing specific exercises. Slide PAD BAR (9) through top hole in LEG CURL ADJUSTER (7) until equal amounts of PAD BAR (9) are on both sides. Slide FOAM PAD (10) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAP (C) into each end of PAD BAR (9).



#### STEP 7 - ADJUSTABLE UPRIGHTS & LOCKING PINS

First, slide 2 INSERT CAPS (F) into UPRIGHT (1). Slide ADJUSTABLE UPRIGHTS (14) into hole in INSERT CAPS (F). LOCCKING PINS (P) are used to adjust height of the ADJUSTABLE UPRIGHTS (14).

## **WARNING**

### **CONSULT YOUR PHYSICIAN**

**CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.**

**FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTIONS. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.**

### **TRAIN WITH A PARTNER**

**IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.**